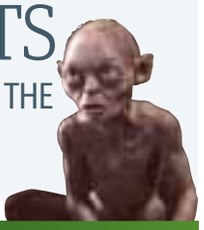
ONTIME
Electric · Plumbing · Heat & Air
www.ontimegroup.ca
It's Time To Call...
204.774.1474
Duct & Furnace Cleaning
Includes 14 Vents
Regular $229.99
Special Price $144.95
Save $85
Extra vents add $6.95 per vent. AC or High Efficiency Furnaces add $39. Offers expire Nov 30.

MAKING A HOBBIT OF SPECIAL EFFECTS

PETER JACKSON'S NEW ZEALAND STUDIO AT THE HEART OF HIS EPIC FILMMAKING EMPIRE PAGE 10



WINNIPEG metro ®

Tuesday, November 27, 2012

News worth sharing.

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

FORD CHEVROLET DODGE GMC
CHRYSLER KIA TOYOTA CADILLAC
NEED A CAR
NEED FINANCING
NEED A GREAT DEAL
Apply online @ 1-877-796-0505
AutoMallFinance.com
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
100'S OF VEHICLES AT SALE PRICES!
IF YOU CALLED US YESTERDAY YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE
1000-1717 WAVERLEY ST. WPG, MB

RHCP CAN'T STOP

The Red Hot Chili Peppers perform at the MTS Centre Monday night to thousands of screaming fans. RHCP are on a world tour for their latest album, I'm With You, which was released last year. See photo gallery at metronews.ca.

TYLER PEACOCK/FOR METRO

T.O. mayor's legal troubles a warning for 'Peg

Conflict of interest.

Sam Katz to face similar scrutiny next April

JESSICA SMITH
Metro in Toronto

In brief remarks to a throng of reporters at Toronto City Hall, Toronto Mayor Rob Ford said he will appeal a conflict-of-interest ruling and would "fight tooth and nail" to hold on to his job.

A judge ruled Monday that Ford will be removed from office because he contravened the Municipal Conflict of Interest Act.

Toronto resident Paul Madger made an application to the court asking for Ford's removal based on a council vote that occurred in February. City council voted that Ford would not have to pay back lobbyists who had donated to his football team, which the Integrity Commissioner had ordered him to do.

Justice Charles Hackland declared Ford's seat vacant, to take effect in 14 days. The judge did not bar Ford from running for re-election.

In court, Ford had argued he had done nothing wrong and he didn't think the conflict of interest law applied to his situation, even though he admitted he'd never read the Act.

The judge was not sympathetic to that argument.

"In view of the respondent's (Ford's) leadership role in ensuring integrity in municipal government, it is difficult to accept an error in judgment defence based essentially on a confrontational attitude to the Integrity Commissioner and the Code of Conduct," wrote Hackland. "In my opinion, the respondent's actions were characterized by ignorance of the law and a lack of diligence in securing professional advice, amounting to willful blindness."

The judge found Ford violated the Municipal Conflict of Interest Act by taking part in that vote.

Christmas party woes

What about Mayor Katz?

Sam Katz is facing a similar conflict of interest charge.

On April 2, Katz will testify at a lawsuit launched by Joe Chan, who said Katz unfairly authorized a Christmas party at Hu's Asian Bistro, a restaurant he used to own. The mayor charged nearly $3,000 to the city in 2010 for the party.

Should the mayor be found guilty of violating the province's law, he will be forced to step down. Katz said the situations are comparing apples to oranges.

"The first time that Mr. Chan did this it was thrown out of court, it was shown to be frivolous and he also had to pay costs, and I'm sure you'll probably see a similar situation in the very near future." **METRO**

Month to Month Apartment Rentals!
Riverbend | Transcona | St.Vital | Sage Creek | East Kildonan

- Pet Friendly
- In-suite Laundry
- Powered Parking
- Built-in Air Conditioning
- Large Kitchens
- Client Care Centre
- Close to Transit, Schools and Recreation

BROADSTREET PROPERTIES LTD.
1.866.RENT.515
Apply online at www.broadstreet.ca

ROGERS™ authorized dealer

WINNIPEG
AirSource
212 Henderson Hwy.
(204) 989-2954
AirSource
1200 McPhillips St.
(204) 989-2927
AirSource
671 Pembina Hwy.
(204) 925-1260
AirSource
2599 Pembina Hwy.
at Bison Dr.
(204) 261-1234
AirSource
University Centre
University of Manitoba
(204) 987-3444
AirSource
Portage Place
(204) 946-0721
AirSource
2609 Portage Ave. at Moray
(204) 954-2939
AirSource
1500 Regent Ave. W
(204) 988-3080
AirSource
St. Vital Centre Kiosk
(204) 989-2939
AirSource
St. Vital Centre
(204) 989-2940
SI Wireless Communications
1132 Portage Ave.
(204) 231-1600
SI Wireless Communications
661 Corydon Ave.
(204) 231-1650
SI Wireless Communications
Winnipeg Square
(204) 944-8070
Teleco
Kenaston Common
(Kenaston at McGillivray)
(204) 947-9570
Teleco
948 St. James St.
(204) 831-1234

SELKIRK
Nickel Communications
3-344 Main St.
(204) 482-9667

STEINBACH
Nickel Communications
Unit H – 197 Main St.
(204) 326-4988

WINKLER
Nickel Communications
9 – 820 Triple E Blvd.
(204) 325-4121

BRANDON
Teleco
Unit B3 – 1128B 18th St.
(204) 727-0100

NEEPAWA
Neepawa True Value
268 Hamilton St.
(204) 476-2333

STONEWALL
TMC Distribution
325 Main St.
(204) 467-2014

PORTAGE LA PRAIRIE
Reimer Antenna Service
1000 Saskatchewan Ave. W
(204) 857-9001

SWAN RIVER
Sears Swan River
619 Main St.
(204) 734-4541

DAUPHIN
North of 51 Designs &
Computers
12 2nd Ave. NW
(204) 638-7148

THOMPSON
City Centre Mall
(204) 677-3212

THE PAS
Sound Innovations
317 Fischer Ave.
(204) 623-7171

FLIN FLON
Sears Flin Flon
35 Main St.
(204) 687-7581

ROGERS plus

WINNIPEG
Kildonan Place
(204) 667-8248
Garden City Shopping
Centre
(204) 339-8895
Polo Park
(204) 774-2412

BRANDON
Brandon Shoppers Mall
(204) 571-6976

BONUS
NO ACTIVATION FEE!

Choose from Manitoba's

LARGEST SELECTION of superphones

Superfast devices starting from

1¢* with select 3-yr. FLEXtab™ agreements

GET YOURS TODAY ON THE NETWORK WITH PROVINCE-WIDE COVERAGE.

CALL 1 888 ROGERS1 | **CLICK** rogers.com/Manitoba | **VISIT** your local Rogers retail store

AMAZING SHARE FAST SPEED CONNECT DOWNLOAD SURF FAST STREAMING AMAZING RELIABLE SHARE BLOG CONNECT FAST EXCITING

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · COSTCO WHOLESALE · SONY · booth wireless · FUTURE SHOP · BEST BUY · Walmart · LONDON DRUGS

Offers available for a limited time and subject to change without notice. *Nokia Lumia 900 and Sony Xperia Ion each $0.01. See rogers.com for current pricing for other featured devices. Pricing for each based on new activation on a 3-yr. talk and internet plan having min. $50 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply except as otherwise noted. **1** Activation fee waived for eligible new activations before Dec. 31/12.
©2012 Rogers Communications.

Sewage treatment plant upgrades pushed to 2019

Unrealistic. Winnipeg filed new plan with province this past June

Upgrades to a Winnipeg sewage treatment facility won't be complete until 2019, a city committee was told on Monday.

Diane Sacher, director of the City of Winnipeg's water and waste department, informed members of the infrastructure renewal and public works committee that the North End Pollution Control Centre's overhaul completion date of December 2014 is "unrealistic."

"It's just not technically possible" to have submitted plans for approval this past June and have the upgrades complete by that December date, added Sacher.

In addition, Sacher said the plant is fully operating, which means it will take longer for the construction to happen than if it were a new plant being built.

The province had requested the 2014 date for upgrades after major sewage spills, but Sacher said the province has approved the new 2019 plan.

"We need to do everything we can to protect our environment," said committee chair Coun. Dan Vandal (St. Boniface). "I understand there are good reasons for the delay."

Also on Monday, the committee, made up of Vandal, Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry), Coun. Brian Mayes (St. Vital) and Coun. Devi Sharma (Old Kildonan) voted in favour of a 4.3 per cent increase to the city's water and sewer rates each year beginning in 2013 through to 2015.

The rate increase comes into effect on Jan. 1.

BERNICE PONTANILLA/METRO

Customer's bill

For an average residential customer's quarterly bill — 240 cm per year for a family of four — the increase amounts to $9.58 in 2013, $10.20 in 2014 and $10.50 in 2015.

Diane Sacher, director of Winnipeg's water and waste department, says upgrades to the North End Pollution Control Centre by December of 2014 were "unrealistic." BERNICE PONTANILLA/METRO

Teen looks for support in his Canada-wide tour

Kyle Buell, 18, is looking for financial help to pay for a fundraising tour across Canada, in which he's planning to raise money for Muscular Dystrophy Canada. SHANE GIBSON/METRO

Kyle Buell might not be able to walk, but that isn't stopping the Winnipeg high school student from planning a trip across the country to raise awareness and money to fight the disease that has left him almost completely motionless.

The Grade 12 student from Grant Park High School has Duchenne Muscular Dystrophy and relies on a power wheelchair to get around.

He wants to use that chair to drive from St. John's to Victoria to raise money for Muscular Dystrophy Canada.

"I was at a Muscular Dystrophy conference in Calgary in the summer and there was a hundred people with wheelchairs there," Buell, 18, told Metro on Monday.

"I want to try and change that, and I thought if I could do something across Canada, I could make a difference."

Although he has his route and logistics figured out for the three-month -long trip, Buell has hit a roadblock — the journey won't be cheap.

"It's going to cost a lot of money and I need to cover that expense in order to raise money," he explained.

Buell needs 24-hour care and estimates he'll need more than $100,000 to pay for fuel, batteries for his chair, food and accommodations, and for the four people he'll need to help him during his trek.

Buell has started fundraising and hopes to get on the road with help from private citizens and through business sponsorships.

For more information on Buell's journey and to donate, go to driveforadifference.com.

SHANE GIBSON/METRO

wso
AIR CANADA POPS SERIES
Barenaked Ladies:
Hits and Holiday Songs
65 YEARS
FRIDAY, DECEMBER 7 | 8:00 PM
SATURDAY, DECEMBER 8 | 8:00 PM
SUNDAY, DECEMBER 9 | 2:00 PM
Richard Lee, conductor
More than fifteen million record sales, multiple Juno Awards, and fans throughout the world, Barenaked Ladies is no ordinary rock band. Over a 20 year history, they became a top-selling, award-winning concert draw across North America and the U.K. with their frenetic blend of high-energy melodic-pop, musicianship and spontaneous repartee.
barenakedladies.com
Pops Series Sponsor: AIR CANADA

ORDER NOW! Winnipeg Symphony Orchestra 204-949-3999 | www.wso.ca All Ticketmaster locations 1-855-985-ARTS | Ticketmaster.ca

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers Request Stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop — then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road-safety concerns.

THE COMMUNITY RELATIONS BUS SPREADS ITS ROUTES

Since its inception in 1987, Winnipeg Transit's Community Relations Bus has been providing non-profit organizations an opportunity to promote their activities/events to the citizens of Winnipeg.

Available at no cost and on a first come-first serve basis, the Community Relations Bus program offers free advertising to help promote the various events/services provided by these groups. Look for the Community Relations Bus and help support this month's featured organizations.

Interested in booking space for your non-profit organization on the CR Bus? Call 311.

DART HITS THE BULL'S-EYE EVERY TIME

If you live in south or southeast Winnipeg, then you can use our DART (Dial-A-Ride Transit) service. DART buses operate during off-peak hours only, just call 204-287-DART and speak directly to the bus operator to arrange pick-up from your home to or from a transfer connection.

GET THE TAX CREDIT YOU DESERVE

If you buy weekly or monthly bus passes, you are eligible for a public transit tax credit. Simply save your expired passes and sales receipts for when you file your next tax return. Some conditions apply — visit transitpass.ca for more info.

LOOKING FOR A GREAT CAREER OPPORTUNITY?

Winnipeg Transit is currently accepting applications for bus operators. You can earn more than $45,000 a year, plus enjoy excellent benefits, a generous vacation allowance and more. No bus driving experience is necessary — we provide all the training you need, plus you'll earn while you learn. For more information about this long-term career opportunity, visit winnipegtransit.com or call 311.

Lake St. Martin First Nation protesters rally for home

Record flooding.
Displaced residents seek land to call their own again

Mary-Jane Beardy of Lake St. Martin holds a protest sign while the community's chief, Adrian Sinclair, speaks at a rally held at the Legislative Building Monday.
SHANE GIBSON/METRO

Eighteen months after flooding forced them to leave, many members of the Lake St. Martin First Nation are still waiting for new homes and are accusing the federal and provincial governments of stonewalling.

"The government needs to give the community land. We need land," Myrle Ballard told a rally of more than a dozen residents outside the Manitoba legislature Monday.

"The people are suffering. They're depressed. They want to go home for Christmas."

Roughly 2,000 people from six First Nations are still out of their homes after record flooding in May of last year. Most are from Lake St. Martin and have been put up in Winnipeg hotels.

The flooding was due largely to a dam and other structures upstream that diverted rising water away from larger communities. Aboriginal leaders say they took a bullet for Winnipeg and other cities.

The Lake St. Martin reserve is still waterlogged and many homes have mould. The province has offered temporary accommodation on a former military radar base not far away, near Gypsumville, but only a handful of residents have accepted. Some have said the area is overrun with snakes, while others worry they might be stuck there permanently if they agree to go.

There is another site further away from the lake that would be ideal, Ballard said, but the government has yet to agree.

Premier Greg Selinger said he is committed to finding a solution, but the residents, the province and the federal government — which is responsible for First Nations communities — have to agree on a new location. At least two options have been proposed.

"At the end of the day, there has to be an agreement both on what people want and what is practically possible from an engineering and drainage point of view," Selinger said.

All sides are to meet Wednesday, according to a brief email from the federal Aboriginal Affairs and Northern Development Department.

"We look forward to a productive meeting," spokeswoman Ellen Funk wrote.

THE CANADIAN PRESS

Quoted

"The people are suffering. They're depressed. They want to go home for Christmas."
Protester Myrle Ballard

Grey Cup party generates a little too much heat

A garage was destroyed and a house heavily damaged after a Grey Cup party in River Park South Sunday night. At 11:55 p.m., fire crews were called to the home, where a fire had begun in an attached garage at 6 Knotsberry Bay. No one was hurt. The cause of the fire is under investigation, but it's likely a space heater or cigarette is to blame.
HOWARD WONG/FOR METRO

Fraud investigation

Phone scammer targeting Winnipeg

Police are warning Winnipeggers to be wary of anyone calling with an offer that sounds to good to be true.

The advice comes after police received roughly 12 complaints about fraudulent phone calls made to potential victims in the city over the last two weeks indicating they had won $2.5 million and a Mercedes-Benz.

In each case the caller, who police say has a strong Jamaican accent, said the potential victim had to send between $199 and $399 to claim the prize.

Police remind the public to never wire any amount of money, provide credit card numbers, or any other financial information under these types of circumstances.

Anyone who has received this type of call, but hasn't sent money, should call the Canadian Anti-Fraud Centre at 1-888-495-8501, and anyone who has sent money should make a report to police. METRO

Planning Act amendment

Affordable housing to be determined by municipalities

The NDP government is planning to amend the Planning Act and the City of Winnipeg Charter, allowing municipalities the power to encourage or require new residential developments to include homes that are affordable to low- and moderate-income households, Local Government Minister Ron Lemieux said Monday.

The proposed amendments include:

- Specific zoning bylaw provisions that would allow municipalities to either take a mandatory or incentive-based approach to requiring affordable housing.
- A requirement that would have the municipality define affordable housing in the bylaw, based on local context and needs.
- Provisions on development agreements between the municipality and the developer that would intend on protecting the ongoing affordability of the housing units. METRO

Former Salvation Army exec charged in Toronto toy theft

Mr. Grinch? Police find three truckloads of the toys and are seeking a second suspect

David Rennie turned himself in and was charged for the toy thefts at the Salvation Army in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

The former executive director of a Salvation Army facility was charged Monday following the discovery of a massive cache of toys police said were stolen from the charity and bound for a booming black market.

Three tractor-trailers were found over the weekend in a warehouse in Brampton, Ont., and in a facility in Toronto. It's hoped the toys can be returned to the Salvation Army in time to distribute them this holiday season, police said Monday.

The toys and other gifts and products were either taken from the Salvation Army warehouse in Toronto or diverted before they got to the facility, police say.

"It's a terrible shame when people donate their good, hard-earned money ... and these articles are now being redirected for profit. ... That's what we're alleging," said Det.-Sgt. James Gotell.

David Rennie, 51, of Toronto, has been charged with 17 counts of possession of property obtained by crime, 10 counts of theft over $5,000, seven counts of theft under $5,000, criminal breach of trust, conspiracy to commit an indictable offence and several counts relating to trafficking in stolen goods.

Police allege a company called Northern Sales Group, which they said controls the Toronto warehouse where the toys were found, was involved in a scheme to sell the Salvation Army toys and investigators said they are looking to arrest and charge a second suspect connected to the group.

Rennie is scheduled to appear in court on Jan. 4.

THE CANADIAN PRESS

Massive operation

"I haven't seen anything to this magnitude before."

Det.-Sgt. James Gotell, a Toronto investigator with 23 years of experience

Deadly cocktail

Grapefruit and oral meds can be lethal: Study

Grapefruit juice can interact with more than 85 oral medications, with about half of them potentially leading to severe — even deadly — consequences, finds a comprehensive review by a research team affiliated with Western University in London, Ont.

Medications altered by grapefruit include highly-prescribed cholesterol-lowering statins, some key heart drugs and certain anti-psychotic and pain medicines.

A chemical in grapefruit interferes with an enzyme that controls how drugs are absorbed, resulting in a potentially-toxic dose.

THE CANADIAN PRESS

Risk of ignition. Recall expanded for certain Banana Boat sunscreens

The makers of a popular line of sun products is expanding its recall of spray sunscreens because they pose a fire risk.

A statement from Health Canada says the affected Banana Boat products can ignite on the skin if a user is exposed to an open flame or spark before the sunscreen has dried.

There have been five reports of such events, one in Canada and four in the U.S.

Health Canada is also warning that similar products from other manufacturers may also pose a risk.

The original recall has been expanded from two products to four and another affected product has been identified.

Affected products

Check your travel bags for:

- Ultra Defense SPF 30/60 Spray
- Sport Performance SPF 30/60 Spray
- Sunscreen Oil Spray SPF 15

The company, Energizer Personal Care, says the spray valves deliver more sunscreen than normal, which may remain wet and potentially flammable longer.

THE CANADIAN PRESS

MB CONSUMER ALERT:

THE CASH STORE & INSTALOANS HAVE STOPPED OFFERING PAYDAY LOANS...

BUT

MONEY MART STILL DOES!

INSTANTLY BORROW UP TO $1,500 IN CASH

MANITOBA'S #1 PAYDAY LENDER!

Money Mart®

Loan amounts are subject to minimum net pay and other qualification requirements. Ask a Money Mart Customer Service Representative for details. [Manitoba residents: The APR on a $300 loan for 12 days is 517.1% on a rate of $17 per $100 borrowed. To learn more about your rights as a payday loan borrower, contact the Consumer Protection Office at 945-3800, 1-800-782-0067 or at www.manitoba.ca/cca/cpo.] Money Mart and the Money Mart logo are registered service marks of National Money Mart Company. © National Money Mart Company 2012. All rights reserved.

THE CASH STORE is a registered trademark of The Cash Store Financial Services, Inc. INSTALOANS is a registered trademark of Instaloans Inc.

Deadly blaze rips through workshop for the disabled

14 dead, 8 injured. German Chancellor Angela Merkel 'shocked' by one of the country's deadliest fires

In this image taken from video, firefighters try to extinguish flames in a workshop for disabled people in Titisee-Neustadt, southwestern Germany, Monday. Firefighters said the fire killed 14 and injured eight others. DAPD/KAMERA24.TV/THE ASSOCIATED PRESS

Fourteen people were killed and eight injured Monday when a fire broke out at a workshop for disabled people in Germany's Black Forest region, authorities said. Scores had to be rescued from the building as it quickly filled with smoke.

More than 100 firefighters were deployed to battle the blaze, which began at the complex in Titisee-Neustadt early in the afternoon, said Markus Straub, a spokesman for local firefighters.

Ambulances raced to the scene as smoke poured from the windows of the modern, three-storey centre in one of the country's deadliest blazes in recent memory. German Chancellor Angela Merkel is "shocked" about the loss of so many lives, her spokesman said on Twitter.

The cause of the fire was not immediately known, police and firefighters said.

The centre usually has around 120 people at any one time, said Mirko Steffl, a police spokesman in the nearby city of Freiburg.

It was not immediately clear how many people had to be rescued, but by late afternoon workers had determined that no one else remained trapped in the building, he said.

The centre employs people with mental or physical disabilities in a variety of jobs, including metalwork, woodwork and electrical installation, and it is run by the Catholic Church's Caritas organization.

"The biggest problem this afternoon was the smoke situation," said Alfred Oschwald, another Freiburg police spokesman. Smoke inhalation is believed to be the likely cause of the deaths of the 13 disabled people and one of the facility's social workers, he told broadcaster n-tv. Eight people were hurt, but none of them had life-threatening injuries, he said.

Some 25 psychological counsellors were assisting those rescued from the building and the victims' relatives in a nearby warehouse, Steffl said.

"It will take days to investigate what caused the fire," police spokesman Karl-Heinz Schmid said. THE ASSOCIATED PRESS

Carla Bruni supports gay-marriage plan

France's former first lady Carla Bruni says she disagrees with her conservative husband Nicolas Sarkozy and supports a plan to allow gay marriage and adoption.

In an interview with the French edition of Vogue for its December issue, the 44-year-old singer and supermodel said: "I'm rather in favour, because I have a lot of friends — men and women — who are in this situation and I see nothing unstable or perverse in families with gay parents."

France's Socialists are pushing a bill that could see gay marriage legalized early next year. Though surveys have found that the majority of French people favour gay marriage, there has been a vocal backlash from religious leaders, voters in rural areas and ex-president Sarkozy's own UMP party.

"My husband is opposed for reasons linked to his political vocation, because he sees people as groups of thousands rather than people we know personally," she told the magazine — which featured a 20-page photo spread of her decked out in designer clothes, harking back to her supermodel days.

Bruni, no stranger to speaking her mind, also called feminism outdated — a view seemingly at odds with her image as an independent woman who forged careers in both fashion and music before settling down with Sarkozy.

Carla Bruni
GETTY IMAGES FILE

Quote

"I see nothing unstable or perverse in families with gay parents."

Carla Bruni, France's former first lady
She said she has many gay friends who are raising families successfully.

"There's no need to be feminist in my generation," she said.

It's not the first time Bruni has sparked controversy on the subject. Last month, Bruni said her successor, Valerie Trierweiler, should marry her partner, President Francois Hollande, and ditch her career as a journalist.

In an interview with the French edition of Elle magazine, she dished out advice to Trierweiler, saying: "I think it is simpler to be the legitimate wife of the head of state rather than being his partner."

She added, "For my part, I felt a real easing of the general concern about me when I married Nicolas." THE ASSOCIATED PRESS

Christmas in Poland

Workers assemble and decorate a giant Christmas Tree in front of the Royal Castle during unseasonably fine weather in Warsaw on Monday. Christmas is eagerly celebrated in the predominantly Catholic Poland. CZAREK SOKOLOWSK/THE ASSOCIATED PRESS

Taliban

Prominent Pakistani survives assassination attempt

Police on Monday found and defused a bomb planted under the car of a prominent Pakistani TV anchor threatened by the Taliban for his coverage of a schoolgirl shot by the militants, police said.
THE ASSOCIATED PRESS

Presumed dead

Search ends for boy swept to sea as parents die in attempt to rescue family dog

The U.S. Coast Guard ended a search Monday for a teenager whose parents were killed after they plunged into the cold, powerful surf in Northern California in a nightmarish chain of events that started when their son tried to save the family dog from drowning.
THE ASSOCIATED PRESS

Death row

Request to delay execution due to obesity denied

A condemned killer trying to delay his execution because of his extreme weight hasn't raised enough new issues to warrant the legal challenge, a federal judge ruled Monday.

Death row inmate Ronald Post, who weighs more than 400 pounds, is asking the courts to stop his January execution on the grounds his weight could cause him to suffer severe pain during the procedure.
THE ASSOCIATED PRESS

Extreme eating

Roach body parts caused contestant to choke to death: Medical report

A Florida man choked to death after downing dozens of live roaches to win a contest earlier this year in which the grand prize was a python, according to an autopsy released Monday.

Edward Archbold, 32, of West Palm Beach died as a result of "asphyxia due to choking and aspiration of gastric contents," according to the report released by the Broward County medical examiner's office.
THE ASSOCIATED PRESS

Que. contracts got Canadian tax dollars: Review

Nationwide. Analysis shows taxpayers Canada-wide funded projects cited for corruption in Quebec

Taxpayers across the country had their money spent on Quebec construction projects identified at an eye-opening corruption inquiry as suffering cost overruns through collusion schemes, a review of contracts by The Canadian Press has revealed.

A search through public contracts tabled at the province's corruption inquiry has revealed numerous cases where federal money went to projects whose price tag was, according to witness testimony, inflated by scams.

The 91 contracts reviewed had been tabled at the inquiry in recent weeks as a pair of witnesses — a disgraced construction boss and Montreal city official — walked the commissioners through their role in the bid-rigging process.

A subsequent scan through those contracts has shown that at least 15 received federal funding, with the federal contribution in each case ranging from under $200,000 to more than $700,000.

The inquiry is still underway, but it has already prompted the resignation of the mayors of Montreal and the big suburb next door, Laval. THE CANADIAN PRESS

Not proven

The allegations made inside the inquiry have not been proven in a court of law, and could be subject to contradictions in the remaining months of testimony.

Former construction boss Lino Zambito testifies before the Charbonneau inquiry probing corruption and collusion in Quebec's construction industry on Oct. 1 in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Blue win. Conservatives reclaim Ontario riding of Durham in byelection

The Harper Conservatives reclaimed a byelection seat Monday in the Ontario riding of Durham, but it was the closely watched — and hotly contested — race in Calgary Centre that likely had them biting their nails.

Erin O'Toole — a former air force pilot and navy captain turned corporate lawyer — made it a quick night in Durham, a safe Conservative seat, leaving the second-place New Democrat challenger well in his wake.

A cheer went up from supporters when O'Toole cracked 50 per cent of the popular vote in Durham, leaving NDP candidate Larry O'Connor with just under 30 per cent.

The seat was vacated when former cabinet minister Bev Oda resigned following a series of spending and expense controversies that tarnished the Conservative brand as tight-fisted managers.

THE CANADIAN PRESS

B.C. and Alberta

- **Race.** The full results for the Calgary and Victoria byelections weren't in by press time. To see the winners in each riding go to metronews.ca.
- **Tight race.** In the Alberta riding next door to that of Prime Minister Stephen Harper, establishment candidate Joan Crockatt was running neck-and-neck with Liberal challenger Harvey Locke at press time.
- **Brawl.** In Victoria, a safe NDP seat turned into an acrimonious brawl over a controversial $700-million sewage treatment plan. New Democrat Murray Rankin was the lone candidate supporting the unpopular plan.

Race gets bigger

Vancouver MP to run in Liberal leadership race

Vancouver MP Joyce Murray is joining the federal Liberal leadership contest with a daring call for co-operation with other progressive parties in the next election to ensure defeat of Stephen Harper's Conservatives.

Murray says she believes Liberals, New Democrats and Greens should have the option of conducting run-off nominations to choose a single candidate in tightly contested ridings where a united progressive front would guarantee defeat of the ruling Tories.

She is the first contender to broach the controversial idea, which is consistent with her broader pitch that she is a collaborative politician.

THE CANADIAN PRESS

Court battle

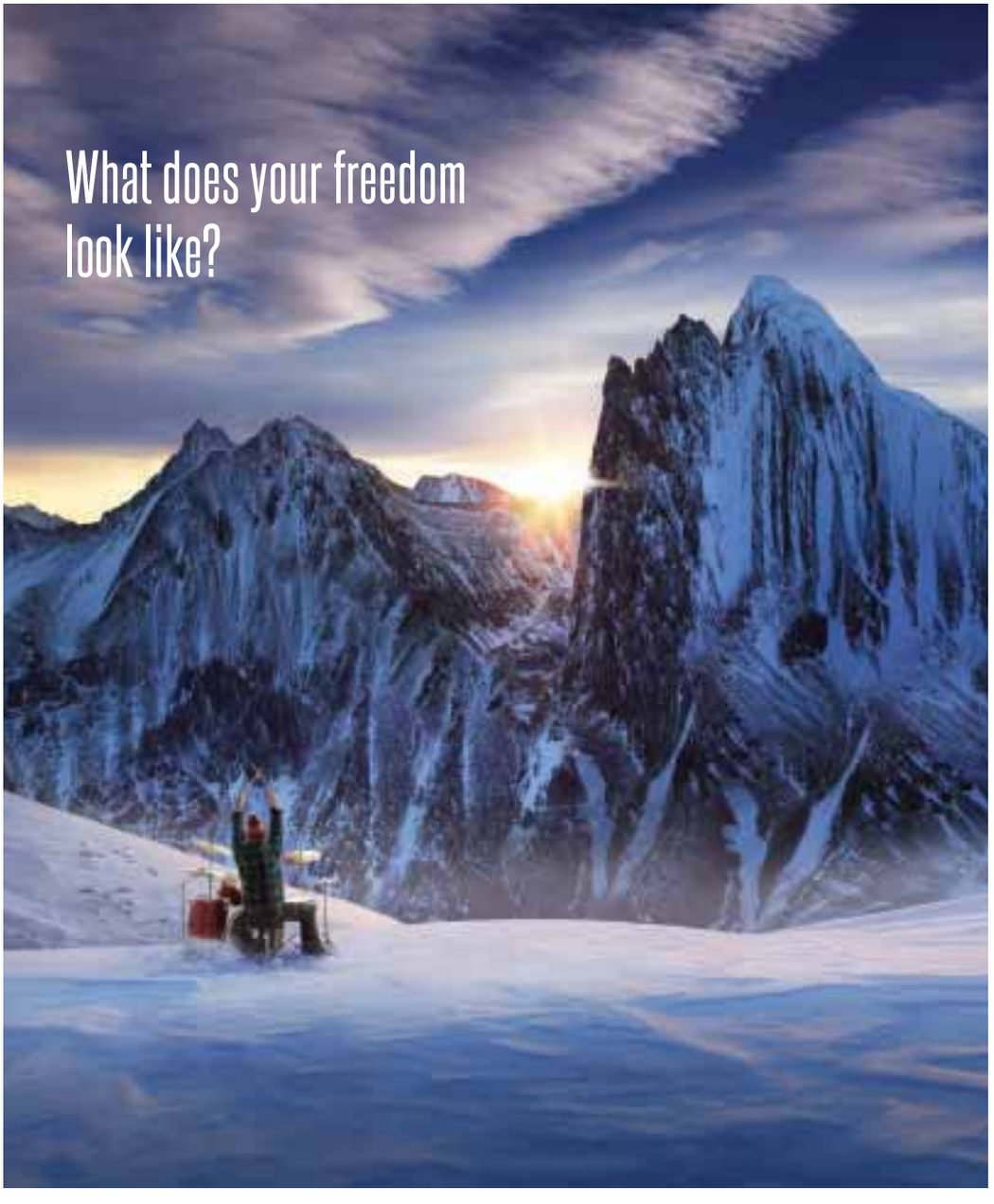
Que. mayor fights to save Catholic heritage

A Quebec municipality was in court fighting to keep prayers at city council meetings and it kicked off its case Monday by citing the preamble to the Constitution. Saguenay's colourful mayor, Jean Tremblay, says he's fighting to preserve the province's Roman Catholic heritage.

Tremblay launched a fundraising drive to fight the court case, which started after a complaint from a local resident.

The Quebec Human Rights Tribunal had ordered the prayers be stopped, the crucifix in the city council chamber be removed and that damages be paid to the citizen who complained.

THE CANADIAN PRESS



Carney to head Bank of England

Crossing the pond. Canada's central banker is 'going to where the challenges are greatest'

Bank of Canada governor Mark Carney addresses a news conference in Ottawa on Monday after it was announced that he will be the new head of the Bank of England. FRED CHARTRAND/THE CANADIAN PRESS

Mark Carney is leaving the Bank of Canada for one of the most storied financial positions in the world — to take over the Bank of England at a pivotal time in its 318-year history.

The announcement shocked observers on both sides of the pond, particularly as Carney had previously played down reports he was being considered, as he also played down rumours about joining the International Monetary Fund and the Liberal Party.

But the Bank of England rumours turned out to have substance, although Carney on Monday said he had not formally applied for the job and only made the decision in the last two weeks. He insisted he was not leaving Canada in the lurch for the big job, however.

"We have a system that works very well. It's been tested under the biggest economic and financial shock we'll ever see in our lifetime and it has passed that test," he told reporters. "I'm going to where the challenges are greatest because I'm confident that the strengths are as deep and as broad as they are here in Canada. I could not do it any other way."

Finance Minister Jim Flaherty called Carney his "friend" and admitted the news was "bittersweet."

"It is our loss, of course it is. Mark has been a superb governor of the Bank of Canada for more than five years, so his loss will be felt." THE CANADIAN PRESS

Milking time at the European Parliament

Police officers are sprayed with milk by dairy farmers during a demonstration in front of the European Parliament building in Brussels on Monday. Farmers from across Europe drove their tractors into the city for a two-day demonstration to protest against what they believe are unfair milk prices. GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Personal finance

Ottawa increases limit on tax-free savings accounts

Ottawa says Canadians will be able to contribute an additional $500 a year on their Tax Free Savings Accounts starting Jan. 1. That means Canadians can put in $5,500 a year, with any investment income earned not subject to taxation while it remains in the TFSA. The increase will be the first adjustment in the contribution limit since TFSAs were created in 2009.
THE CANADIAN PRESS

Detroit-Windsor bridge

New crossing will spur job creation, governor says

Michigan Governor Rick Snyder was in Toronto Monday to whip up enthusiasm for the new bridge linking Windsor and Detroit.

"I'm quite confident that this new bridge crossing will be the largest, busiest freight crossing between our two countries, potentially for the next hundred years," he said, adding that it will spur the creation of tens of thousands of jobs.
TORSTAR NEWS SERVICE

Market Minute

DOLLAR 100.62¢ (-0.19¢)

TSX 12,185.05 (-28.19)

OIL $87.74 US (-54¢)

GOLD $1,749.60 US (-$1.80)

Natural gas: $3.74 US (-16¢)
Dow Jones: 12,967.37 (-42.31)

Accused in insider trading case released on $5M bail

A former hedge fund portfolio manager accused of passing along information in one of the largest insider trading fraud cases in history appeared in a Manhattan court for the first time Monday and was released on $5 million US bail, though his movements were restricted.

Mathew Martoma, 38, must post $2 million US in cash or property by next week to satisfy the new bail requirements, which will limit his travel to New York, New Jersey, Florida and Massachusetts.

Martoma was arrested last week on charges that between 2006 and 2008, he helped to engineer one of the largest insider trading frauds in history. Martoma worked with CR Intrinsic Investors, an affiliate of SAC Capital Advisors. SAC is owned by Steven A. Cohen, one of the world's richest men.

By the numbers

$276M

Prosecutors say Martoma shared the confidential results of drug tests with others, enabling more than $276 million US to be made illegally for his fund and others.

Martoma was not required to enter a plea, since an indictment has not been returned.

"We took care of business today and we'll be back another day," said Martoma's lawyer, Charles Stillman.

Martoma was arrested on Nov. 20. Prosecutors say he exploited an acquaintance with a medical school professor to get confidential, advance results from tests of an Alzheimer's disease drug.

Prosecutors say he shared the information with others, enabling more than $276 million US to be made illegally for his fund and others.

The government said in court papers that he caused other investment advisers to buy shares in the drug companies, and then he and the others ditched their investments before the public found out about the drug trial's disappointing results, allowing them all to make big profits and avoid huge losses.

The FBI subpoenaed SAC and other influential hedge funds in November 2010. Martoma is the fourth person associated with SAC Capital to be arrested on insider trading charges in the last four years.
THE ASSOCIATED PRESS

Mathew Martoma, former SAC Capital Advisors hedge fund manager, leaves a Manhattan court Monday after being released on $5 million US bail. LOUIS LANZANO/THE ASSOCIATED PRESS

Long & McQuade MUSICAL INSTRUMENTS
long-mcquade.com
Shop Online! long-mcquade.com
Best Price. Best Selection.
(Holiday shopping made easy.)
Experience Canada's #1 music store with 60 locations nationwide
651 Stafford Street 204.284.8992 | 661 Wall Street 204.783.6045

$300 FREE! Ask us how!
Month to Month Apartment Rentals!
Riverbend | Transcona | St.Vital
Sage Creek | East Kildonan
- Pet Friendly
- In-suite Laundry
- Powered Parking
- Built-in Air Conditioning
- Large Kitchens
- Client Care Centre
- Close to Transit, Schools and Recreation

1.866.RENT.515
Apply online at www.broadstreet.ca
BROADSTREET PROPERTIES LTD.

WHEN DID I START WORRYING ABOUT MOM AND DAD?

SHE SAYS...
Jessica Napier
metronews.ca

My mother once told me that parents never stop worrying about their children. This might be true, but I didn't realize how early on I'd start worrying about them.

I've enjoyed a pretty typical parent-child relationship with my mother and father. They were the reliable authority figures who always insisted I wear a jacket, taught me to save a portion of my paycheque and begrudgingly drove me home when I got too drunk at a party. But in my mid-20s, something strange happened; all of a sudden there was a role reversal, and I was the one acting like the concerned parent.

Tables turning

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys but actual people with real vulnerabilities.

Shouldn't you be eating more green vegetables, mom and dad? Maybe cut back on the drinking and give up that occasional cigarette habit? Perhaps you should start incorporating some more exercise into your daily routine and try to be a bit more careful with your finances.

My parents aren't elderly by any means, but they weren't exactly teenagers when they had me. It's probably not necessary, but I find myself fretting more about their ability to take care of themselves. I feel compelled to check in on them every once in a while to make sure there's fresh fruit in the fridge and no one has fallen down the stairs.

As we transition from rebellious adolescents to self-centred, young adults to responsible grown-ups, we begin to appreciate our parents in a new light. They are no longer just the guardians of the car keys, but actual people with real vulnerabilities.

Whenever I see my parents in pain — physical or emotional — it's heartbreaking. When I realize that one day they might be entirely dependent on me, I start to panic. I will never be ready, but will I be able to take care of them when the time comes?

My father likes to joke that he wants Queen's Another One Bites the Dust played at his funeral. I used to think this was funny, now it makes me sick to my stomach.

As adult children, it's hard to confront the inevitable truth that our parents are going to die one day. It's only natural that we'd try to do whatever we can to prolong the inevitable, even if that means turning into overly-protective worriers. After all, a few small changes now could result in a few more years together, and I want mom and dad to be around as long as possible.

Follow Jessica Napier on Twitter @MetroSheSays

After so many years of them looking after us, the roles reverse — and we are suddenly wrapped up in our parents' wellbeing. MH.XBHD.ORG/FLICKR

The Queen's very hairy encounter

DAVID PARKER/WPA POOL/GETTY IMAGES

By royal appointment

Queen inspects very hairy soldier

The Queen has encountered a green Yeti, but in truth this sight is far from abominable. Queen Elizabeth II met a camouflaged sniper from the Household Cavalry at Combermere Barracks near Windsor Castle.

During her visit, the Queen perused some army paraphernalia, including a machine gun and some military boots. METRO

Equine interests

Diamond is a royal's best friend

The Queen is no stranger to cavalry, as her lifelong love for horses was apparent during her time at the barracks. Her Majesty approached and petted a drum horse, which was on official duty for the first time during the Queen's visit.

The drum horse was renamed Adamas, which means diamond in Greek, in commemoration of the Queen's Diamond Jubilee. METRO

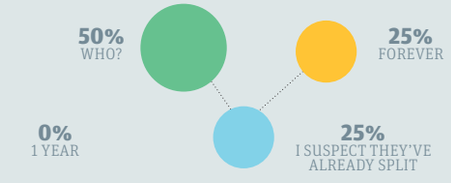
The barracks history

- Founded in 1804, the barracks comprises more than 20 acres and is located within a kilometre of Windsor Castle. It's home to the Household Cavalry Regiment, which uses armoured vehicles and tanks, such as Scimitar tanks, in large-scale war operations — most recently in Iraq.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How long will Bachelor Canada's Brad Smith and Bianka Kamber last?



Twitter

@RichieSarao: #Winnipeg! Wake up! The Open Minds weekend is fast approaching! Get your tickets now from @tub204 or any project company member!

@BTjeremyjohn: Hey @SamuelLJackson ..we nee to know. how many MF's do you give the weather in #Winnipeg -38 = ?

@HarmInTrying: Went for a cruise in #Winnipeg #EMS #MIRV last night. I think I want to be a #paramedic; this truck kicks a– and saves lives. #WRHA

@kentonlarsen: Ford: quality is job one.

@WpgVargs: Can Winnipeg do what Toronto did with their mayor? And a few others on council? How does that happen?

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

DVD review

Lawless

Director. John Hillcoat

Stars. Tom Hardy, Shia LaBeouf, Guy Pearce

All slicked up but mostly firing blanks, John Hillcoat's Prohibition-era western — based on a book of the same name — looks and sounds great, but fails to tell a compelling story. Bootlegging brothers Jack (Shia LaBeouf), Forrest (Tom Hardy) and Howard Bondurant (Jason Clarke) run a general store and gas station in their woodlands Virginia refuge, but their real coin comes from the illegal moonshine they make up in the hills. Local cops are inclined to look the other way — especially since older bros Forrest and Howard are not guys you want to rile. Neither is much for talking, although they sure know how to fight and shoot. Timid Jack, the youngest, can't bring himself to pull a trigger. The Bondurants draw the attention of the feds, who send down special deputy Charley Rakes (Guy Pearce) with the intent to clean up and dry up the county. Extras include an audio commentary with Hillcoat and author Matt Bondurant.

PETER HOWELL

The Hobbit trilogy is just one of the projects Peter Jackson's Wellington studio has on the go. HANDOUT

New Zealand: The land of special effects

Hurrying for The Hobbit. Peter Jackson's Wellington studio puts together blockbusters in a pastoral setting

A crate full of sushi arrives. Workers wearing wetsuit shirts or in bare feet bustle past with slim laptops. With days to go, a buzzing intensity fills the once-dilapidated warehouses where Peter Jackson's visual-effects studio is rushing to finish the opening film in The Hobbit trilogy.

The fevered pace at the Weta Digital studio near Wellington, New Zealand, will last nearly until the actors walk the red carpet Nov. 28 for the world premiere. But after The Hobbit: An Unexpected Journey hits theatres, there's more work to be done.

Weta Digital is the centrepiece of a filmmaking empire that Jackson and close collaborators have built in his New Zealand hometown, realizing his dream of bringing a slice of Hollywood to Wellington. It's a one-stop shop for making major movies — not only his own, but other blockbusters like Avatar and The Avengers and hoped-for blockbusters like next year's Man of Steel.

Along the way, Jackson has become revered here, even receiving a knighthood. His humble demeanour and crumpled appearance appeal to distinctly New Zealand values, yet his modesty belies his influence. He's also attracted criticism along the way.

The special-effects workforce of 150 on The Lord of the Rings trilogy a decade ago now numbers 1,100. Only five of Weta Digital's workers are actual employees, however, while the rest are contractors. Many accept the situation because movie work often comes irregularly but pays well. Union leaders, though, say the workers lack labour protections existing in almost any other industry.

Like many colleagues, Weta Digital's director, Joe Letteri, came to New Zealand in 2001 to work on the Rings trilogy for two years. The work kept coming, so he bought a house in Wellington and stayed.

"People come here because they know it's their chance to do something really great and to get it up on the screen," he said in a recent interview.

Jackson, who declined to be interviewed for this story, launched Weta in 1993 with fellow filmmakers Jamie Selkirk and Richard Taylor. Named after an oversized New Zealand insect, the company later was split into its digital arm and Weta Workshop, which makes props and costumes.

Beyond having creativity as a filmmaker, Jackson has proved a savvy businessman, Letteri says. "The film business in general is volatile, and visual effects has to be sitting right on the crest of that wave," Letteri says. "We don't get asked to do something that somebody has seen before."

THE ASSOCIATED PRESS

Big business

The New Zealand government calculates that feature films contribute $560 million each year to New Zealand's economy. Like many countries, New Zealand offers incentives and rebates to film companies and will contribute about $100 million toward the $500 million production costs of The Hobbit trilogy.

Cancer detection claims.
Fact or fiction?

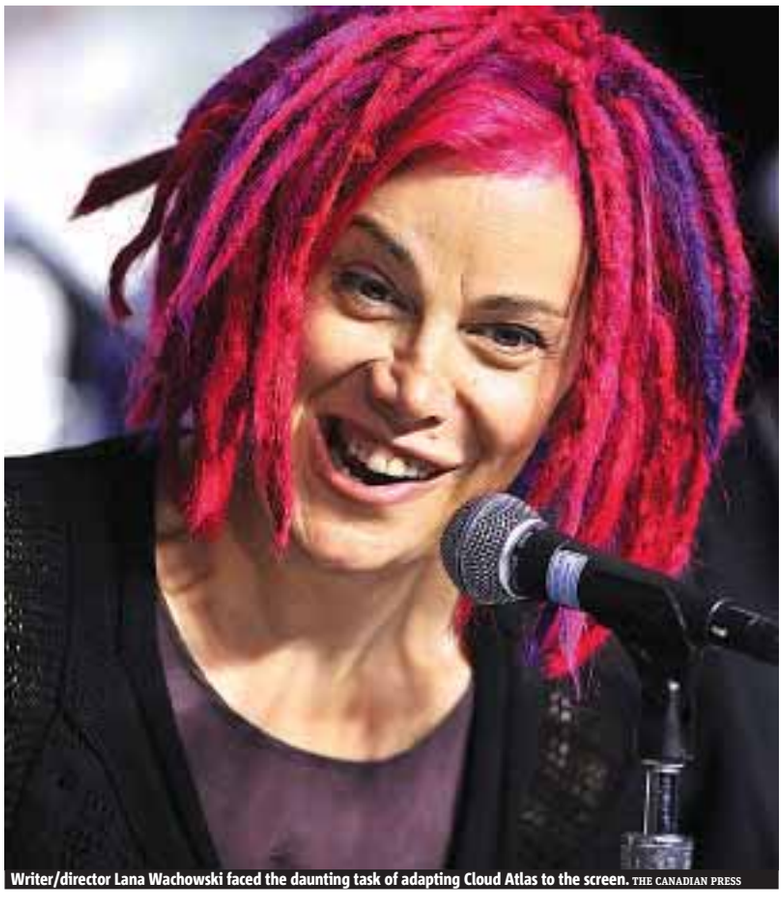
Early detection of breast cancer is crucial to successful treatment. Tonight, the I-Team shows you why experts are concerned about claims being made by a Winnipeg clinic.

Morning Radio
with Terry MacLeod
and Marcy Markusa
on CBC Radio One 89.3 FM / 990 AM
from 5:30 to 8:30 am

CBC News
Winnipeg
with Janet Stewart
and Mitch Peacock
on CBC Television
5, 5:30 & 6 pm

For more information visit cbc.ca/manitoba

CBC news


Writer/director Lana Wachowski faced the daunting task of adapting Cloud Atlas to the screen. THE CANADIAN PRESS

‘Unfilmable’ books can make for great cinema

New era. Technology advances and daring filmmakers have pushed the envelope on thoughts of what belongs on-screen

It would appear that labelling a book unfilmable is a surefire way to get a filmmaker’s attention. How else to explain the multitude of book-inspired features currently at the multiplex, a good number of them drawn from challenging literary works chock full of the very things popular cinema generally tries to avoid?

Rambling storylines, monumental themes, complex structures, detours into wild fantasy and innumerable characters are proving little impediment to the perennial search for the next big blockbuster.

Last week, Yann Martel’s long-considered-unfilmable tale Life of Pi came to theatres as a 3-D spectacle, the painstaking work of Oscar-winning director Ang Lee. It follows the ambitious adaptations of David Mitchell’s literary puzzle Cloud Atlas and Salman Rushdie’s magical, historical tale Midnight’s Children. And next month, theatres welcome a big screen take on J.R.R. Tolkien’s fantasy-laden The Hobbit while January will see Jack Kerouac’s meandering Beat Generation novel On the Road.

As film critic and curator Jesse Wente notes: “A book is only unfilmable until someone makes a movie of it.”

Whether that adaptation is a good film or not is another question entirely. Reaction has been mixed to the cinematic incarnations of the two-hour-and-43-minute Cloud Atlas and the two-and-a-half-hour Midnight’s Children — each elaborate ventures that faced challenges in wrestling their narratives into script form.

“Not all the ideas from the page are going to work on screen and not all the ideas of the screen flow to the page. I think it’s the magic that occurs in the middle that makes it,” says Wente. “Totally filmable books can end up as appalling movies and unfilmable books can win Oscars.”

An explosion of digital movie-making tools has allowed for even more “unfilmable” books to hit the big screen, he adds.

“All sorts of what we now are calling populist cinema wasn’t possible 20 years ago, or at least wasn’t possible in the same way and with the same sort of vision,” says Wente.

The computer generated imagery on display in Life of Pi certainly didn’t exist when the book came out in 2001. It’s a big reason its Saskatoon-based author says he had a hard time imagining how a film could be made from his Booker Prize-winning tale. Plus, so much of the story unfolds through reflection, with the hero Pi struggling with deep philosophical questions — hardly the stuff of box office smashes.

“Those are easy words to write on the page. But how would one bring them to life on the screen?” Martel writes in the forward to the behind-the-scenes book, The Making of Life of Pi. “The challenge seemed forbidding. Who would be crazy enough to try?”

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Charles ALL PHOTOS GETTY IMAGES

Charles in charge? Not anytime soon, it seems

Prince Charles, who recently celebrated his 64th birthday, may be growing tired of being the longest-waiting heir to the throne in British history, as his 86-year-old mother, the Queen, shows no sign of stepping down.

"Impatient? Me? What a thing to suggest! Yes, of course I am," Charles joked with reporters recently, according to the Telegraph. "I'll run out of time soon. I shall have snuffed it if I'm not careful."

The Word

Lohan wants more small screen action

THE WORD
Dorothy Robinson
scene@metronews.ca

If you didn't catch the masterpiece that was Sunday night's Liz and Dick on Lifetime, you missed out on the pop culture phenomenon of the month. Critics had a mighty fine time lambasting what was to be Lindsay Lohan's return to acting prominence. Instead, her performance seemed like it was best suited for community theatre, if community theatre were held in a prison.

But Lohan will not let a little thing like public ridicule get her down— RadarOnline.com is reporting that now that she's gotten a taste of TV, she wants her own sitcom.

"Lindsay has asked her manager and agent to look into getting her her own television sitcom," a source tells the website.

"Lindsay feels that the small screen would be a great way for her to revitalize her acting career and that a comedy would be the best bet. Lindsay feels most comfortable doing comedy and it was Charlie Sheen that told her she should do it. Charlie told Lindsay that it was an easy way to make very good money and help her to get her movie career back on track. Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

And honestly, judging from the attention Liz and Dick received, I'm sure Lifetime got some of the best ratings it has seen in years. So maybe it will be Lohan who will get the last laugh? (Ed note: Actually, no, scratch that ending. We'll all still be laughing about Liz and Dick for a long, long time.)

I just play one on TV...

"Lindsay is loving the idea of having her own sitcom and would love to play someone in a story based on her crazy life."

Source speaking to RadarOnline.com

Chris Brown

Chris mess: Brown backs out of Twitter tussle

Chris Brown took on a Twitter critic — and lost. The temper-tantrum-prone singer deleted his official Twitter account over the weekend after a lengthy and expletive-filled back-and-forth with comedian and writer Jenny Johnson. Toward the end of the row, Johnson made reference to Brown's 2009 arrest for assaulting girlfriend Rihanna, writing, "I have zero respect for a person who seems unapologetic for the terrible crime he committed and shows no signs of changing," to which Brown responded, "Just ask Rihanna if she mad." Brown has been spending time with Rihanna in Europe recently, which would lead one to believe that she is not, in fact, mad.

Oh brother: Anne sees man in mirror post-haircut

After Anne Hathaway chopped off her long brunette locks for the film Les Miserables, she discovered an unexpected family resemblance.

"When I eventually looked in the mirror I just thought I looked like my gay brother," Hathaway told a preview screening audience in New York, according to the Hollywood Reporter.

Anne Hathaway

Twitter

@DitaVonTeese
After heat waves in LA, India & Bangkok, it feels nice to be in chilly London, reunited with my seamed stockings & long leather gloves

@Real_Liam_Payne
Okay bored of constant news articles... I'm not dating Leona ... My YouTube channel isn't for a solo career and I didn't insult Kim k...Pow!

@ParisHilton
How do you guys like my new Twitter profile pic and background?

@WhitneyCummings
Can you take an Ambien and a Lunesta? Please answer an hour ago.

Looking for a winter fitness challenge?

How to get started. Consider something you can keep up for the long run and will pay off for you in springtime

EMMA GODMERE
life@metronews.ca

By starting a new, simple training routine now, you can set a goal of running your first race come 2013.

Added bonus: You double your calorie burn when you run in the winter, as your body works to keep warm while you keep up your pace.

But what if you've never run before?

Where do you start?

One of the first things a new runner should consider is finding a training buddy, says Shelley Beaubien, national clinics and training program administrator for Running Room Canada.

"When you're starting out, you want to be able to talk while you're running," explains Beaubien. If you can continue a conversation, you're keeping a good pace.

"If you're running too hard, you overtrain, you can get injured, or you drop out."

Running with a friend ensures you stay motivated and safe.

As the temperature dips, the weather poses more risks to runners, and a friend will be able to watch for signs of hypothermia.

Beaubien emphasizes keeping your head, hands, and feet properly covered and warm while wearing appropriate training gear.

First-timers should combine running and walking in intervals and set aside enough time to train three times a week at a time of day that works best for you, says Beaubien.

New runners should also run for time and not distance as your body adapts to a new training routine.

As your strength increases, you can increase the intensity or distance of your run.

But the Running Room advises against expanding your distance program any more than about 10 per cent per week.

By starting your training on the right foot, you're helping yourself stick to a healthy routine for the long haul.

"You want to make sure that you're not doing it just for a short period of time," says Beaubien.

"You want to think about it as a lifestyle change ... a way to get healthy and stay healthy the rest of your life."

Start sharing

This is the second in a week-long series of articles chronicling some of the rites of passage many of Metro's readers will experience as they leave the nest or school and head out on their own.

Do you some marathon tips? Visit metronews.ca/features/firsts, tweet us or even turn to the person next to you and share your advice to a marathon newbie.

Start your training off on the right foot. ISTOCK PHOTOS

Winter running tips

Here are some winter running tips from John Stanton, founder and president of the Running Room Canada, from his book, Running: Complete Guide to Building Your Running Program.

1 **Adjust the intensity of your workout.**

2 **Keep your head covered and your hands and feet warm, as a significant amount of our heat loss comes from our extremities.**

3 **Warm up properly, start your runs at a comfortable pace and slowly build up to a pace slower than your normal training pace.**

4 **Cover all exposed skin. If you or your running partner have exposed skin, be aware of each other to prevent frostbite.**

What to eat

Some of the most popular (and simple) running foods, according to the Running Room:

- **Oatmeal.** Provides great slow-digesting carbohydrates and fibre as part of a pre-run meal.
- **Bananas.** Popular before, after, and even during a run, as they replenish potassium you lose as you sweat.

$300 FREE! Ask us how!
Month to Month Apartment Rentals!
Riverbend | Transcona | St.Vital | Sage Creek | East Kildonan
- Pet Friendly
- In-suite Laundry
- Powered Parking
- Built-in Air Conditioning
- Large Kitchens
- Client Care Centre
- Close to Transit, Schools and Recreation
1.866.RENT.515
Apply online at www.broadstreet.ca
BROADSTREET PROPERTIES LTD.

Anderson family vision care
OPTOMETRISTS: Dr. A. Anderson & Associates
BOGO
Buy 1 complete pair of Rx glasses and receive a 2nd & 3rd pair of Rx lenses(same Rx) of equal or lesser value at 50% off.
MULTI-PURCHASE FAMILY DISCOUNT
$129.00 Complete Single Vision Package (some exceptions may apply)
25% Off Complete Single Vision Children's Packages
We carry the very latest in designer fashions: Gucci, Dior, Guess, Jimmy Choo, Fendi, Bebe, Oakley, Nike, Michael Kors, and so much more!
Quality promotional frames also available!
90-2200 McPhillips, Winnipeg MB • 204.633.7482 • www.andersonvisioncare.ca
Some restrictions apply. Cannot be combined with other discounts.

Beef and Butternut Squash Stew goodness in 45 minutes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Almost by definition, beef stew isn't a weeknight-friendly dish.

That's mostly because stew meat is tough and requires a long simmer to become tender.

But who has time for that at the end of a long day?

Enter this speedy beef stew that could be tossed together and on the table in 45 minutes.

The first step is replacing the meat. Stew meat is out. But tender sirloin tips work perfectly when you brown them first, then set them aside while the other ingredients cook. The meat is returned to the pot toward the end of cooking. The result is a perfect taste and texture.

Ingredients

- 2 tbsp olive oil
- 1 1/2 lbs sirloin beef tips, cut into 1-inch chunks
- 3 cups cubed butternut squash (1/2-inch cubes)
- 1 cup baby carrots, halved
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 28-ounce can crushed tomatoes
- 2 cups beef broth
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp mustard powder
- Salt and black pepper

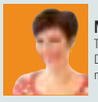
1. In saucepan over medium-high, heat oil. Add beef, in batches if needed to avoid crowding pan, and cook, turning, until browned on all sides but still rare at centre, about 5 minutes. Use a slotted spoon to transfer the beef to a plate.

2. Return saucepan to heat and add the squash and carrots. If pan is too dry to easily sauté vegetables, add a splash of olive oil. Sauté until squash begins to brown, about 5 minutes. Add onion and garlic and continue to cook until the onion is tender, 6 minutes.

3. Add tomatoes, broth, paprika, thyme and mustard powder. Bring to simmer and cook until the carrots and squash are tender, about 20 minutes. Return the beef to the pot, as well as any juices that have accumulated on the plate. Simmer for 5 minutes, then season with salt and pepper. THE ASSOCIATED PRESS

Health Solutions

Get all beefy



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With all the beef in the news recently, one has to wonder if it deserves a place on your healthy plate. You have to weigh the pros and cons (and measure your desire for flame grilled against them).

From a nutritional perspective, you can get what beef boasts elsewhere:

- Mussels have almost as much zinc and much more B12.
- Chicken thighs have about half the amount of iron.
- Ounce for ounce, chicken, fish and pork all have about the same amount of protein.

But if you really want the beef, here is something to think about:

- Grass fed beef has a healthier fat profile.
- Grass fed lamb or bison is a great option.
- Any ground meat product needs to be thoroughly cooked to 72 C. The surface area of a ground product moves any existing bacteria from the outside, where it is more easily cooked to a safe temperature to the inside, where even a small amount left undercooked can make you sick.

The days of enjoying your meat rare may be done unless you really know your source and have the trust in fate of a skydiver, but it doesn't mean you can't enjoy beef. THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Mexican Vitualla. Stick-to-your-ribs braised beef dish with fruit and rice

1. In wide, deep saucepan, place ribs, onions, garlic and salt. Barely cover with water and bring to simmer over medium heat. Cook, uncovered, until meat is tender and most water has evaporated, turning ribs over occasionally, 2 hours.

2. Place cabbage wedges on top; cover and simmer until cabbage is tender, 15 minutes.

3. Meanwhile, in saucepan, bring broth and rice to a boil; reduce heat, cover and simmer until rice is tender and no liquid remains, about 20 minutes.

4. In skillet, heat oil over medium heat; cook pears, peaches, jalapeno peppers, sugar and cumin, stirring gently, until fruit is tender, about 5 minutes. Gently mix in rice.

5. Serve with cabbage and meat on top. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 1.5 kg (3 lb) beef short braising ribs
- 2 onions, quartered
- 5 cloves garlic, crushed
- 5 ml (1 tsp) sea salt
- 1 small cabbage, cut in 6 wedges
- 500 ml (2 cups) sodium-reduced chicken broth
- 250 ml (1 cup) long-grain rice
- 30 ml (2 tbsp) vegetable oil
- 3 pears, peeled and diced
- 3 peaches, unpeeled and diced
- 2 jalapeno peppers, seeded and diced
- 30 ml (2 tbsp) sugar
- 5 ml (1 tsp) ground cumin

Five is the magic number in this Roast Beef Tenderloin

It's all about harmony and yin-yang. And while that sounds tritely New Age, it really is the key to Chinese cuisine.

Because, as with so much of Asian cooking, the blend of seasonings known as five-spice powder is intended to trigger a sense of balance in the mouth and nose. How? A selection of spices that simultaneously hit notes of warm and cool, sweet and bitter, savoury and searing.

And that's what you get with five-spice powder, a mix of fennel seeds, cinnamon, cloves, star anise and Sichuan peppercorns. Like spice blends around the world, the proportions of those ingredients vary by region, but some variant of it is used throughout China.

Ingredients

- 2 tbsp olive oil
- 1 tbsp five-spice powder
- 1 tbsp kosher salt
- 1/2 tbsp black pepper
- Two 2-lb beef tenderloins
- 2 large yellow onions, chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cups beef stock
- 1 cup red wine
- 1 tbsp instant flour

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

That robust profile of flavours makes it a natural for roasted meats.

1. In bowl, mix oil, five-spice powder, salt and pepper.

2. Use paper towels to pat dry tenderloins, then rub them all over with the spice blend. Set on a plate, cover loosely with plastic and refrigerate for at least 1 hour, or up to 2 days. An hour before roasting, remove tenderloins from refrigerator and let warm slightly at room temperature.

3. Heat the oven to 375 F.

4. Lightly coat a roasting pan with cooking spray. Scatter onions, carrots and garlic in pan, then set roasting rack above them. Set tenderloins on the rack and roast 40 minutes, or until beef reaches 120 F for rare. Remove rack from pan, cover the meat with foil, then set aside to rest for 10 minutes.

5. Meanwhile, set roasting pan over medium-high heat on stovetop (you may need to use two burners). Add stock and wine; bring to simmer, scraping bottom of pan. When liquid has reduced by about half, strain and discard solids. Return the pan and sprinkle in the flour. Heat until thickened.

6. Slice beef and serve with pan sauce. THE ASSOCIATED PRESS

Suffering in silence? Talk it out, bro

Depression. Men should confide in each other to help ease pain

LINDA CLARKE
Metro World News in Boston

Don't suffer in silence: Fight depression with a chat. ISTOCK

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counsellors.

But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counsellor Ken Ross, a certified professional coach who leads men's groups, "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is weakness, we have it backward. Vulnerability is human and it takes courage to be open and the more open you are, the more fully alive you are."

Fork, spoon or both?

Delicious but messy to eat, so save it for the family table. ISTOCK

How to handle tricky French onion soup

What is the proper way to eat French onion soup? The cheese just seems to string on forever, so it's hard to eat like spaghetti and soup shouldn't need a fork to eat.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Firstly, French onion soup is not an item that should be served at a formal dinner because of the difficulty of eating it. This soup should be kept for the family dinner table. Now remember, for every rule, there is always a wrong and right way of breaking it when necessary.

I saw one successful way to serve French onion soup at formal restaurants in the '70s. A small pair of scissors would be served along with the soup so you could cut the strings of cheese.

Now, as fun as that is, it just isn't practical. I mean, who has 12 pairs of scissors standing by for dinner parties?

So back to the question. How do you eat French onion soup without making a mess? Well, all of that cheese and bread does make for a difficult battle. I have called numerous friends in the etiquette business and asked their advice. Thankfully, there seems to be consensus.

I personally wrap the cheese around the soup spoon and then press it against the side of the bowl to "cut" the cheese. I then fill the soup spoon with liquid and bring it up to my mouth. Ideally, you should never use your fingers, but trust me, we all have! My last tip? Never order this with clients, it is truly an eat-at- home only menu item.

WagJag.com

GET DEALS ON THE GO!
iPhone app Android app

Save 52%
OFF SOCIAL PLANNING SERVICE
UP TO 52% OFF SOCIAL HALL RENTAL, SECURITY, BEVERAGE SERVICE, CLEANUP AND CATERING AT ASSINIBOIA DOWNS (3 OPTIONS)
ASSINIBOIA DOWNS

MORE GREAT DAILY DEALS,
- 56% off Kids Magazine
- 58% off 'I Like Books'
- Up to 91% off Anti-Aging Skin Serums
- Up to 55% off Childrens' Literacy Program
- 77% off XM Radio Subscription

Sign up AND START SAVING, TODAY!
Visit WagJag.com

Follow us facebook.com/wagjag @wagjag

Jaunt.ca
Follow us: /GoJaunt @GoJaunt

Breathtaking 5-Star Island Paradise in Cuba with Butler Service and Complimentary Spa Treatment
Royalton Cayo Santa Maria, Cuba
Buy before November 29, 2012
• Departure date: 12/14/2012
• Exclusively provided by Sunwing.ca

All offers subject to availability & other conditions. Please visit www.jaunt.ca for details.
tico.ca
Fulfillment services provided by Jaunt.ca Inc. 590 King Street West, Suite 400, Toronto, Ontario, M5V 1M3 TICO Registration No.: 50020132
* Unless otherwise specified, taxes, servitce fees & gratuities are not included and will be payable directly to the hotel

Don't trump or be trumped over the holidays

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Discuss how much you will spend on gifts ahead of time. ISTOCK IMAGES

Picture Christmas Day. Family, friends and loved ones have gathered to eat a fantastic meal and exchange gifts.

You draw names and get to open your presents first. As you unwrap each gift, you quickly realize that you've overspent on the presents you're about to give. Your brother-in-law goes next and opens your gift to him — a $200 Hugo Boss wallet. Meanwhile, his gift to you was a $20 pair of mitts. Your sister gives you the evil eye because your gift just trumped her gift to her husband. Now you're really uncomfortable.

We've all been in this position. Unclear gift expectations can lead to unpleasant and unintended emotional consequences over the holidays.

The holidays are not about gifts, but because it's customary to give presents, save yourself from this experience and set expectations in advance.

With your partner, discuss your total holiday budget for the season and how much each of you will contribute for family functions, dinners, gifts, baking, parties and entertainment. If it's hard to keep track of everything, draw up a simple spreadsheet, list your financial commitments and total it up.

Talk about your holiday budget limitations and expectations. For example, you may have set aside $500 and have to buy gifts for 10 people, meanwhile your honey may have $1,000 to spend on five people. It's also important to agree on how much to spend on each other. If you can't agree on a dollar value, consider putting money towards a joint gift like a kitchen appliance or a weekend spa vacation. Or, instead of gifts, you could make a donation to your favourite charity.

Next, call your extended family and agree on gift value limits, like $50 per person, or whether you want to draw names and only buy for one person. Do the same with co-workers and friends.

Don't be afraid to be frugal when holiday shopping. It's 100 per cent okay to use coupons and take advantage of deals to save money. And remember that in lean times family and friends often don't exchange any gifts. Rather, they'll swap homemade baking, cards or enjoy free festive activities like viewing holiday displays, watching local plays, having friends over for movies or playing outdoor winter sports.

Setting up expectations in advance of the holidays will allow you to focus on what's truly important during this season — spending time with friends and family.

Follow Lesley on Twitter @LesleyScorgie

Don't get caught off guard — have a post-baby budget

Alison on Money.
What to expect when you're not expecting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you going to be a parent? Time to start saving. ISTOCK IMAGES

Regina and Monty, both 28 years old, have good news and bad news. First the good: They're expecting! Now the bad: It was completely unplanned and this high earning ($230,000 household income) couple doesn't have a dime of savings beyond their RRSPs.

They did have a plan, which was to start their family five years hence and they were on the verge of putting aside their free-spending ways in order to save up so Regina could quit work for a couple of years.

That's not going to happen, so Monty is wondering about the tax implications of Plan B — taking money out of their RRSPs for cash flow when their precious little bundle arrives in March and Regina's income is reduced.

Cleo Hamel of H&R Block offers an important caution about this plan. "If Regina deposits money into an RRSP, she has to leave the deposit untouched for at least 90 days before she can claim the deduction."

This information particularly applies to Regina and Monty because they use year-end bonuses of about $18,000 to make their RRSP contributions. Generally they make the lump sum deposits in January.

Hamel also recommends that they project Regina's tax situation while she is on maternity leave.

"Maternity leave benefits are generally only 55 per cent of your employment income to a maximum of about $445 per week," she notes. "However, the amount Service Canada withholds for taxes is about 10 per cent, which is lower than the minimum federal tax rate."

Often new mothers (my daughter found herself in this situation) end up owing tax in their maternity leave year because the withholding amount wasn't sufficient, even with the child tax credit.

RRSP withdrawals are subject to a higher withholding for tax purposes. A financial institution would hold back 30 per cent on a $20,000 withdrawal, for example. Depending on when Regina takes her leave of absence, that might not be sufficient to cover her tax bill for the year.

With high incomes, these surprised parents-to-be have an opportunity to save like Scrooge over the next few months and put aside a significant sum. But they must immediately draw up a post-baby budget to figure out exactly what they need monthly to pay the bills.

There's no point in looking at income until they know their bottom line expenses.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

RRSP facts

- 43 per cent of Canadians between 18 and 34 have an RRSP account (up from 39 per cent in 2010).
- 16 per cent of 18 to 34-year-olds contribute the maximum to their RRSPs (down from 33 per cent in 2010).

Month to Month Apartment Rentals!

Riverbend | Transcona | St.Vital
Sage Creek | East Kildonan

- Pet Friendly
- In-suite Laundry
- Powered Parking
- Built-in Air Conditioning
- Large Kitchens
- Client Care Centre
- Close to Transit, Schools and Recreation

1.866.RENT.515
Apply online at www.broadstreet.ca

BROADSTREET PROPERTIES LTD.

PLAN FOR PERSONAL GOALS

WEIGH YOUR OPTIONS WHEN CONSIDERING CONTINUING STUDIES

Signing up for continuing education usually creates a tough balancing act between school, work and family.

Heather McRae, associate dean of engaged learning at the University of Alberta, says post-secondary institutions are very aware that adult learners face these challenges.

"The first step in achieving balance is careful research and planning to figure out what options exists and which best align with your goals and your available resources," she says.

"From there, weigh your options, keeping in mind not to overextend yourself. It's no good for us and no good for you if you overtax your faculties and burn out. Consider a realistic schedule that will allow for some personal and social time."

Many schools offer online courses or blend classroom and online learning so people can work on their own time.

ISTOCKPHOTO/THINKSTOCK

"Other courses are offered on weekends and in the evening to accommodate busy schedules," McCrae says.

If you are studying for professional development, the class will likely be designed to focus on practical applications that allow you to develop solutions to real workplace issues, lessening the disconnection between work and study.

But don't delude yourself: Continuing education for professional purposes will require hard work and long hours. Remind yourself, your family, and your colleagues that it is a temporary strain with a long-term payoff.

Peggy Watts, the director of distance learning and continuing education at Mount Saint Vincent University, says a flexible school schedule is important. That's why so many of her students chose online or distance learning that allows them to fit school around their other commitments, rather than fitting the rest of their life around school.

"The Mount offers business courses in the day, the evening and by distance so that people who are working can take advantage of the program to suit themselves," she says. "You can do the work on your own time."

Most of their lifelong learners are working on degrees through a distance-learning format that lets them set much of the schedule. Business degrees can be done entirely as distance learning, making them popular with people who are already working in their chosen field, but need an academic degree to advance.

– Jon Tattrie

UNIVERSITÉ DE SAINT-BONIFACE PHOTO

LANGUAGE COURSES CAN UP OPPORTUNITIES

Learning a second language can open you up to new people and experiences around the world. Université de Saint-Boniface (USB) can help you do it.

USB's Français oral and Spanish programs get students speaking right away. Intended for Anglophones aged 16 and older, they help you build a mastery of conversational French or Spanish useful for personal interest, travel, or careers requiring bilingual communication. Class sizes are small, allowing for a hands-on, student-centred education.

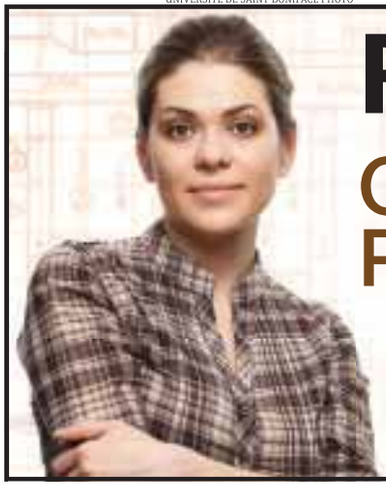
If your schedule is a busy one, don't worry. Français oral runs four times a year, at nine different levels. Its classes are offered multiple days per week, including Saturdays — meaning you can manage a full-time job while still developing the fluency you are looking for.

The smaller Spanish program still includes courses ranging from beginner level to advanced. Courses are held on weekday evenings. There is also a Saturday morning option for beginners.

USB's Continuing Education Division also provides training on contract, responding to the specific needs of clients. These training sessions can take place either at USB, or on-site.

Fluency in French or Spanish could be your gateway to a new job, a new adventure, or even a new relationship, so consider registering for the Français oral or Spanish programs today. The registration deadline is Dec. 20. USB will be closed from Dec. 22 to Jan. 2, 2013.)

For more about the Français oral and Spanish programs, visit languages.ustboniface.ca. You can also phone USB's Continuing Education Division at 204-235-4400, or toll-free at 888-233-5112.



Register Now For classes beginning February 2013

Carpentry Program

Winnipeg Technical College's carpentry program provides students with the knowledge and skill to gain employment in an entry-level position withing the construction industry, including commercial, residential, and rennovations. This is an Apprenticeship Accredited Level 1 program.

WINNIPEG TECHNICAL COLLEGE
Education for Employment

www.wtc.mb.ca
tel: 204.989.6500

It's the small wonders that make this career great.

Discover the joys of being an Early Childhood Educator.

Hearing children laugh...
Making learning fun...
Sharing in their achievements...

If these are the sorts of things that you enjoy, consider becoming an Early Childhood Educator (ECE).

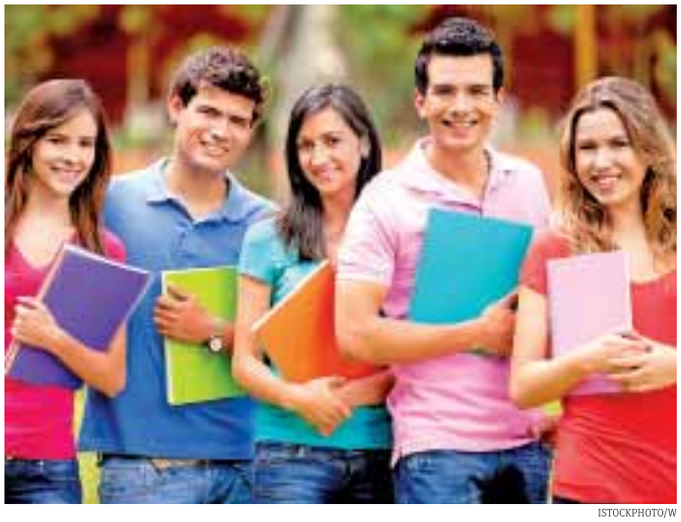
There's never been a better time to become an ECE and here's why:

- **Tuition support** – receive up to $4,000 towards a two-year diploma.
- **Tuition Fee Income Tax Rebate** – once you graduate, you may be eligible for a 60% rebate on your tuition.
- **Higher salaries** – start your career earning $32,000 when you graduate.
- **Career advancement** – increasing demand for ECEs means more opportunities for you.
- **Funding for pensions** – Manitoba is only the second province to offer province-wide pension and retirement supports for the child care workforce.

Find out how you can become an ECE **945-0776 in Winnipeg or toll-free 1-888-213-4754 manitoba.ca/childcare**

Healthy Child Manitoba
Putting children and families first

Manitoba



ISTOCKPHOTO/W

YOUR FUTURE STARTS NOW

WITH COURSES AT RED RIVER COLLEGE

Are you ready to advance your career in 2013?

At Red River College's (RRC's) School of Continuing Education, your future starts now. And it starts your way — with a range of program offerings and a flexible class schedule tailored to student's needs.

RRC offers programs both in-class and through distance learning. Meaning you don't need to give up multiple evenings or weekends to get your education. Many programs give you the option of working online, from home — and it doesn't matter where your home is.

Among the most popular today are the part-time project management and business analyst certificate programs, both recognized by their respective professional associations: The Project Management Institute (PMI) and the International Institute of Business Analysis (IIBA). Graduates of these programs quickly find their skills in demand.

If a program interests you, but you are unable to begin your training this January, don't worry. Many Red River College courses start at different times throughout the year. Check out the course schedule to review your options.

Another feature that distinguishes Red River College is its willingness to recognize prior learning. At RRC, you will get credit for the learning you have already received on the job. In other words, credentials aren't everything — and you may be more qualified than you think.

Once enrolled as a continuing education student, you will get a practical, hands-on education that complements your professional experience. RRC's programs are designed with input from Manitoba's industry leaders, and its courses led by industry experts who make sure material is current. Through these efforts, RRC helps to grow Manitoba's economy — and ensures you graduate with the knowledge and skills needed to find a job quickly.

RRC is also committed to supporting its students as they progress on their academic journeys. Tutoring will be available if you need it. In the meantime, the college offers academic success tips, right online, at rrc.ca/success.

Of course, not every challenge a student faces is academic. In addition to tutoring, Red River College provides you support through student counselling, employment services, and even its fitness facilities, located at the Notre Dame and Exchange District campuses. You may also be eligible for financial aid, and the college can advise you about that, too.

The career you have always dreamed of is within reach. In fact, it's nearly as close as the new year. To find out how Red River College's School of Continuing Education can help you, visit rrc.ca/coned.

FIND A GREAT CAREER WITH ROBERTSON

A new year is approaching. With it comes new challenges and, perhaps, new opportunities. At Robertson College, you can turn those opportunities into a bright future.

"Our students don't just want a job — they want a great career," says Vijay Chintamaneni, campus director, Winnipeg Campus. "We help them achieve their dreams any way we can, even before they've enrolled."

Contact Robertson College and you can set up a free, face-to-face appointment with a career councillor. You will discuss your schedule, interests, and career aspirations — and the college program that suits them best. Then you will meet with a financial aid officer, who will assess your financial situation and make you aware of all your funding options.

Robertson College starts new classes every month, and January 2013 will be a typically busy one. If you are ready to enrol, you will be able to choose between programs in health care (health-care aide, enhanced health care, nursing assistant, and pharmacy technician); business (accounting specialist, administrative professional, and casino, resort, event co-ordinator); and technology (network engineering).

Other programs begin in the months to follow. Regardless of your field of interest, you are likely to find something right for you at Robertson College.

"Some of us look forward to the new year because the past year hasn't been great," Chintamaneni says.

"At Robertson, we give you good reason to feel optimistic."

Fore more, call the direct line at 204-943-5661, email Info@RobertsonCollege.com, or, visit robertsoncollege.com.

ISTOCKPHOTO/THINKSTOCK

WINNIPEG TECHNICAL COLLEGE PHOTO

WORK WITH YOUR HANDS IN FIELD OF CARPENTRY

The weather may be cold, but the construction industry is still red hot. Enrol in Winnipeg Technical College's carpentry program today, and you can be part of it.

The carpentry program is full time, five days a week, and lasts five months. During that period, you will learn all the knowledge and skills you need to find an entry-level position within Manitoba's residential or commercial construction industry, or in renovation work. As a successful graduate, you will also leave the program with credit for Level 1 In-School Apprenticeship Training, meaning you will have further options for career growth. You will be job ready from Day 1.

And you will need to be.

The carpentry program begins in February 2013 and finishes the following July — at the height of the building season. With your skills in demand, your prospects for employment will be excellent. Just look at the numbers: The cumulative employment rate for graduates of the carpentry program, for the period of July 2007 to June 2009 (the most recent figures available) is 89 per cent.

Carpentry is a high-paying field, too. The median wage for students graduating the carpentry program between June 2010 and June 2011 is $15.75 per hour.

If you dream of a career that lets you work with your hands — in new and different environments, day after day — this may be the opportunity for you. Enrolment is open now.

For more, call the Winnipeg Technical College's general line at 204-989-6500. You can also visit wtc.mb.ca.

Let Herzing College be your guide to a career
That Makes a Difference
CALL US TODAY
Programs:
• Accounting & Payroll Administrator • Administrative Assistant, Business Administration • Clinic Office Assistant • Community Support Worker • Computer Network Technology • Healthcare Aide • Legal Assistant • Medical Laboratory Assistant • Pharmacy Technician
HERZING COLLEGE
1-866 NEW CAREER
1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB R3G 0M8
CAREER FOCUSED • CONVENIENT • CARING
www.herzing.ca

BUILDING LONG-TERM RELATIONSHIPS

AT HERZING COLLEGE

Nov. 26 was a big day for students at Herzing College in Winnipeg. It was the day two new cohorts of students begin their studies.

Those enrolled in the college's business administration and computer network technology programs will be in class for 12 months — including a multi-week internship. "And they don't have to set that internship up themselves," says Bill Riches, college president. "That's our responsibility."

Building long-term relationships is important here. Since 1970, Herzing has prepared thousands of students for careers in health care, business, technology, and law.

"Herzing College has an extremely low staff turnover," Riches says. "Meaning, if you graduate from one of our programs, then recommend it to family members or friends, the same instructors who were there for you will be there for them." From year to year, even generation to generation, Herzing provides a consistent quality of education.

Another part of building a successful relationship with students is ensuring their education is an affordable one. If your finances are preventing you from pursuing the training you need, Herzing College may be able to help. Your options may include student loans, grants, or government assistance. Herzing admissions advisers can help you identify the solution that is best for you, free of charge.

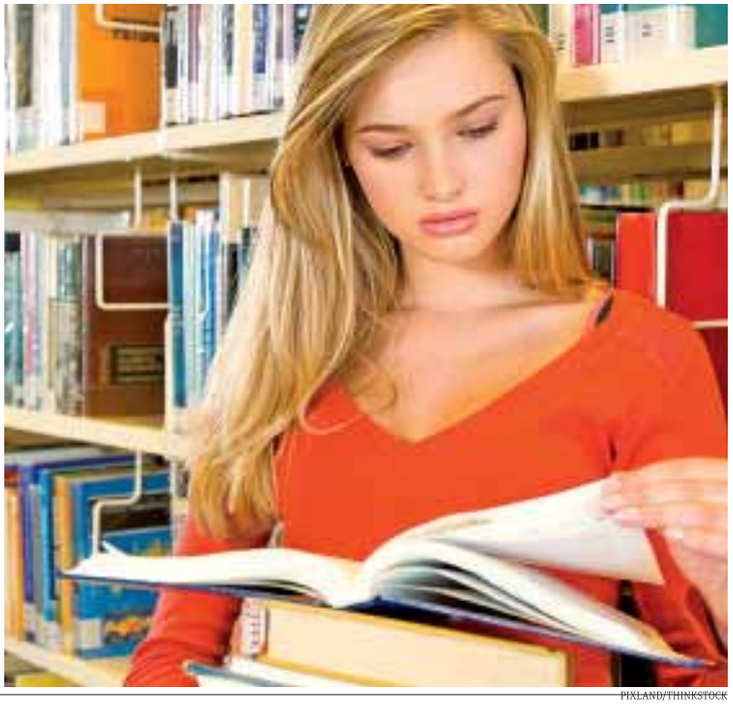
Should you start to struggle with your studies, Herzing will help with that, too: Arranging free, one-on-one tutoring, and self-paced remedial courses in math, English and science.

Herzing College programs are designed to teach you the skills employers are looking for. They are led by instructors with industry experience — and supported by career services specialists who maintain strong ties between Herzing and internship hosts and employers. All Herzing programs are driven by advisory boards made up of industry experts and employers.

This dedication to success explains why Herzing College has such a low student dropout rate. For Riches, that's really the whole point.

"We will educate you and work with you until you're employed in your field of study," he says.

"That's our goal. It's why we do what we do. And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."



PIXLAND/THINKSTOCK

Seriously French.
Seriously Spanish.
French and Spanish classes start January 7th
Registration deadline: December 20th
Visit: languages.cusb.ca or call: 204-235-4400, 204-233-0210 or toll-free 1-888-233-5112
Université de Saint-Boniface

GOVERNMENT OF MANITOBA PHOTO

A PRIVILEGE AND A CALLING

INCENTIVES AVAILABLE FOR EARLY CHILDHOOD EDUCATION COURSES

Early childhood educators (ECEs) help young people to learn and play. Their work is a privilege and a calling. And Manitoba is one of the best places in Canada to train for it.

Many of this province's post-secondary institutions offer early childhood education training programs. Their schedules and delivery methods vary widely, giving you the flexibility to choose the training path that suits you best. If you are a working person looking for a career change, you can likely find courses offered part time, in evenings, or on weekends — whatever is required to help you meet your goal.

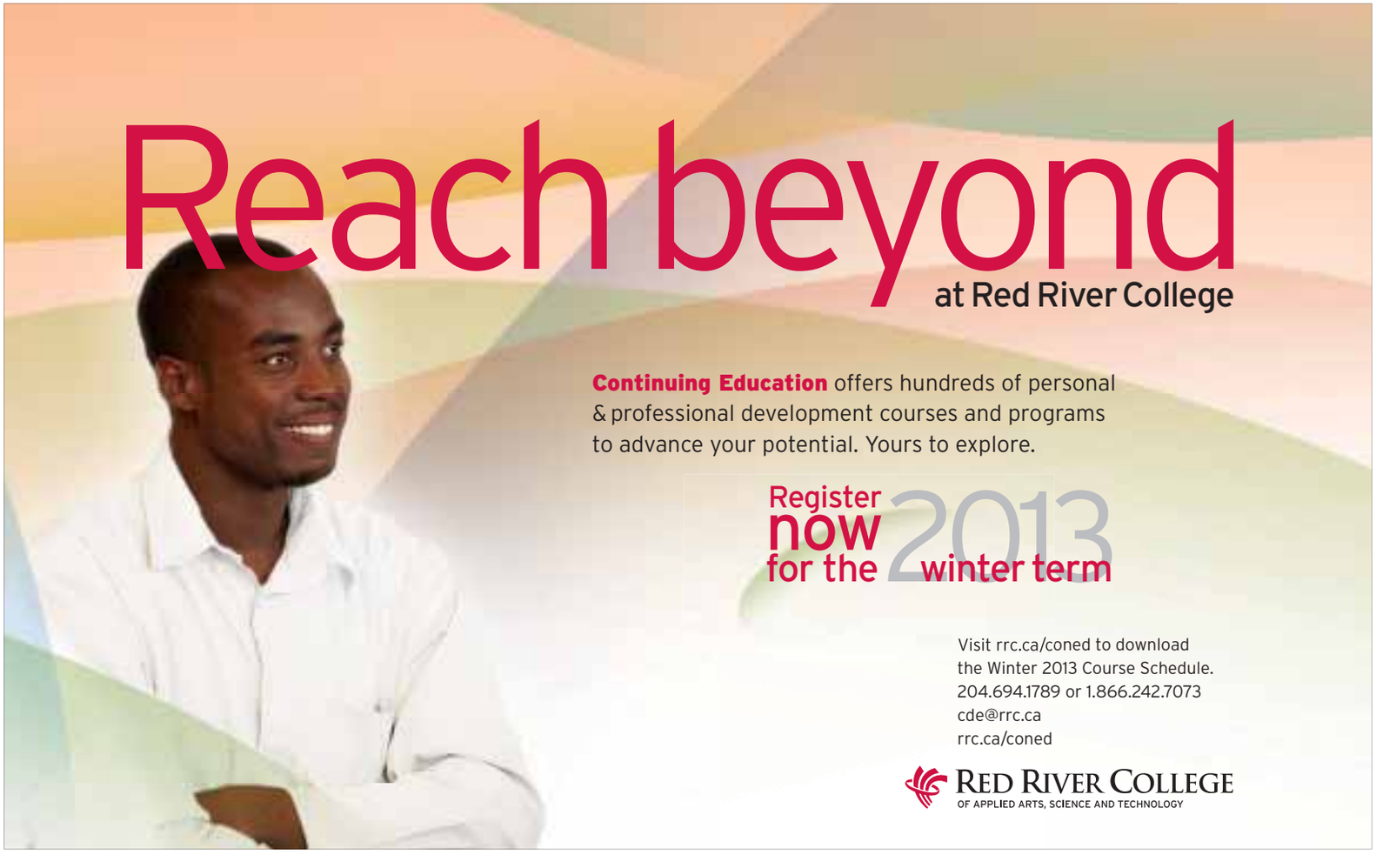
As a Manitoban, you will have many incentives. You will receive tuition support — up to $4,000 — toward a two-year diploma. Once you graduate, you may be eligible for a 60 per cent income tax rebate on your tuition. And Manitoba remains only the second province to offer provincewide pension retirement supports for its child-care workforce.

You can also look forward to a well-paying career in high demand. ECE IIs (professionals with an approved diploma or qualification in early childhood education) enjoy a minimum starting salary of $32,000 per year.

ECE IIIs (professionals with an approved university degree or a diploma, plus an approved continuing education certificate), can be eligible for positions that are paid even higher.

ECE programs across Manitoba will be starting again this January. You can be part of one. To find out more about your training options, and to get contact information for various schools, visit manitoba.ca/childcare.

You can also phone 204-945-0776 in Winnipeg, or toll-free, 888-213-4754.


Reach beyond
at Red River College
Continuing Education offers hundreds of personal & professional development courses and programs to advance your potential. Yours to explore.
Register now for the winter term 2013
Visit rrc.ca/coned to download the Winter 2013 Course Schedule.
204.694.1789 or 1.866.242.7073
cde@rrc.ca
rrc.ca/coned
RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

Knicks, Nets make up for lost time in Brooklyn

New York Knicks centre Tyson Chandler, left, knocks the ball from the hands of Nets guard Deron Williams at Barclays Center in Brooklyn on Monday. The Nets won 96-89 in overtime as the city rivals played the makeup game of their season opener that was postponed due to Superstorm Sandy.

KATHY WILLENS/THE ASSOCIATED PRESS

'New approach' ahead in lockout negotiations

NHL. League, players' union agree to allow mediators into stalled CBA negotiations

The NHL and NHL Players' Association are hoping some objective voices can help bring an end to their labour dispute.

With negotiations stalled on a new collective bargaining agreement, the sides have agreed to allow U.S. federal mediators into the process — something they tried without success on a couple of occasions prior to the cancellation of the 2004-05 season.

"While we have no particular level of expectation going into this process, we welcome a new approach in trying to reach a resolution of the ongoing labour dispute at the earliest possible date," deputy commissioner Bill Daly said Monday.

Added NHLPA executive director Donald Fehr: "We look forward to their involvement as we continue working to reach an equitable agreement for both the players and the owners."

The mediation will be non-binding, meaning the sides will not be forced to go along with suggestions or recommendations made by Scot L. Beckenbaugh and John Sweeney. Those mediators are scheduled to meet separately with the league and union on Wednesday.

Beckenbaugh was acting director of the Federal Mediation and Conciliation Service during the NHL's last lockout and sat in on sessions at that time. One of those occurred just three days before commissioner Gary Bettman cancelled the entire season in February 2005.

THE CANADIAN PRESS

Where they stand

- The NHL and NHLPA haven't met since last week, when the union tabled a proposal that Gary Bettman quickly labelled as one that left the sides "far apart."
- They've managed to reach some common ground on a 50-50 revenue split, but are divided on the amount of additional payments the league will make to help ease the transition.

CFL

Lewis positive after Stamps loss

A sombre group of Stampeders returned to Calgary on Monday, a day after a 35-22 loss to the host Toronto Argonauts in the 100th Grey Cup.

Despite the loss, veteran receiver Nik Lewis remained optimistic about a 2012 season that saw the Stampeders overcome a slow start and knock off the defending Grey Cup champions in the West Division final.

"I felt like we did a great job this season," said Lewis. "We just came up a little short, didn't play a really good game when we needed to." THE CANADIAN PRESS

CFL

Grey Cup ratings soar, but fall short of national record

Television ratings for the 100th Grey Cup game between the Toronto Argonauts and the Calgary Stampeders fell short of the modern national record set in 2009, according to overnight data from BBM Canada.

An average audience of 5.8 million viewers on TSN and RDS tuned in to see the Argonauts beat the Stampeders 35-22 at home.

The average of 5.5 million viewers on TSN is the largest English audience for the game since a new ratings measurement system caused sports TV ratings to skyrocket. But the overall average falls short of the 6.1 million total viewers who watched Montreal beat Saskatchewan shortly after the new system was introduced in 2009. The numbers for that game were buoyed by a larger audience on French-language RDS.

THE CANADIAN PRESS

Champion Argos about more than talent

The Argonauts celebrate in the locker-room after winning the 100th Grey Cup on Sunday at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Ricky Ray saw it coming out of training camp. These Toronto Argonauts had a special bond.

They might not have been the biggest, fastest or most heralded. But they had each other's back.

Ray, who came over from the Edmonton Eskimos in a blockbuster off-season trade, credits GM Jim Barker and rookie head coach Scott Milanovich for choosing the right pieces in assembling what was to become a Grey Cup champion squad.

"Scott and the staff and Jim coming out of training camp didn't necessarily pick the best, most talented guys," said the veteran quarterback. "They picked guys that were going to be good teammates over some of those guys.

Quoted

"There are so many guys out there who can play and don't get their opportunities ... so it's a real blessing to be here, and to have that opportunity I was given."

Grey Cup MVP running back Chad Kackert

"That's where it's got to start, it's got to start with the locker-room and how everybody gets along and everybody playing for each other out there. I think that's been the biggest difference for us."

Barker says he and Milanovich both believe "it's not necessarily the 46 best players, but it's the best 46 players."

"That means the 46 that can work together the best," the GM said in an interview Monday. "It was about finding the right blend of players — of veterans and rookies."

Milanovich referred to that brotherhood in his pre-game speech before Sunday's 35-22 championship win over the Calgary Stampeders.

"Find strength in your teammates when things get tough," he said. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars united with Pluto today means you are intensely ambitious. It also means you don't need other people. You can do it on your own. Identify your goal, and go out and get it. Who is going to stop you?

♉ Taurus
April 21 - May 21
You are a law unto yourself at the moment. You believe you can get away with anything. However, just because you are able to break the rules does not mean you have to. Is there another way?

♊ Gemini
May 22 - June 21
There is a danger that you will let slip information it might have been wiser to keep to yourself. However, once it is common knowledge, there is no point trying to deny it. Face up to the truth — and potential embarrassment.

♋ Cancer
June 22 - July 23
One-to-one relationships are under heavy stars at the moment, so be careful how you speak to partners and loved ones. Above all, don't let minor disputes become major feuds. Control your emotions, whatever the provocation.

♌ Leo
July 24 - Aug. 23
Your workload is likely to increase dramatically today and if your social life is busy too, you could suffer health-wise. Clearly, you need to cut back on what you do, if only in the short term. Give that party a miss.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be a lot more assertive and ambitious of late and that's good. Others will be mightily impressed by what you manage to accomplish but don't do it just for the applause — do it because it matters.

♎ Libra
Sept. 24 - Oct. 23
Just because others get emotional about silly things, does not mean you have to do the same. If certain people get on your nerves, remove yourself from their presence — at least for a while.

♏ Scorpio
Oct. 2 04 - Nov. 22
You will be on the move more than usual today and with Mars, planet of action, linked to your ruler, Pluto, you will accomplish a great deal. Just don't expect others to keep up with your frenetic pace. You'll exhaust them.

♐ Sagittarius
Nov. 23 - Dec. 21
Not even a Sagittarius can have everything their way so accept that what is happening now, while not to your liking, is something you have to put up with. Can you turn it to your advantage financially? Yes.

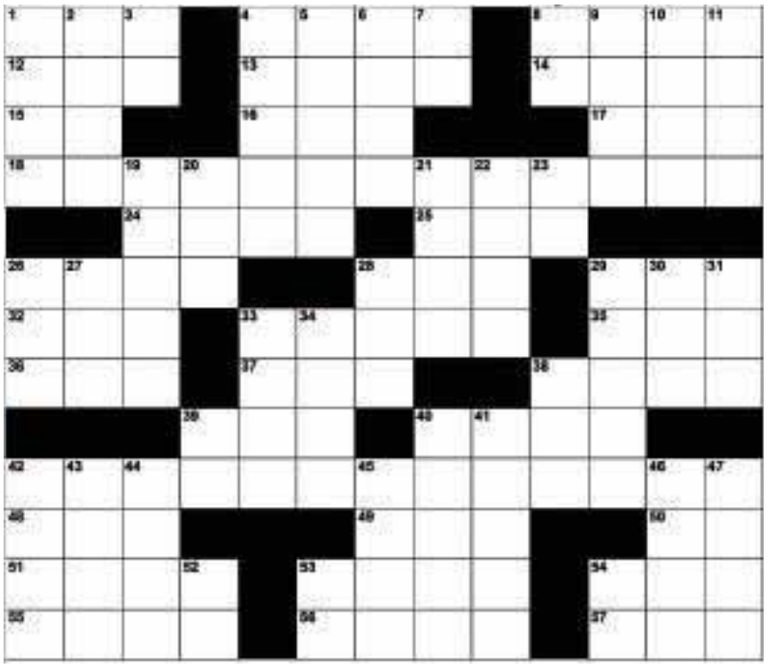
♑ Capricorn
Dec. 22 - Jan. 20
With both Mars and Pluto moving through your sign, you will be a winner now and for the remainder of the year. Focus your energy in a single direction and expect to be a huge success. What you expect, you will get.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in the most sensitive area of your chart means you will be happier on your own today. You have lots to think about and you can't do that with everyone chattering around you.

♓ Pisces
Feb. 20 - March 20
Try not to be too aggressive in your opinions today. You are entitled to your viewpoint and you are entitled to express it, but the more you talk the less you will learn. No, you don't know it all. **SALLY BROMPTON**

Crossword

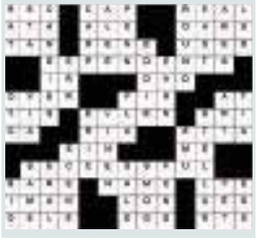
BY BETTY MARTIN



Across
1. Tennis serve
4. Wash
8. Land measure
12. Eggs
13. Greek God of Love
14. Someone who gets things done
15. Egg choice (abbr.)
16. Thing, in the courtroom
17. —: Crime Scene Investigation
18. Put off until tomorrow
24. Puts down
25. Dora the Explorer iguana
26. Cheryl or Alan
28. Building extension
29. Eggs partner
32. Onassis nickname
33. Large wooden box
35. Schnozz ending
36. Sault — Marie
37. Soak
38. Amazed
39. Canadian Automobile Association (abbr.)
40. East Indian dress
42. Escort
48. Poor grade
49. Form of address
50. Shoe width
51. The younger Guthrie
53. Clothes label seen often: —- in Canada
54. — and the City
55. Thaw
56. Mimicked
57. Pesticide

Down
1. Wind around
2. "Somewhere — the Rainbow"
3. University deg.
4. Small fruit
5. Sites
6. Throw the ball
7. Grades 9-12 (abbr.)
8. Commercial
9. Actress Imogene —
10. Take a break
11. A great lake
19. — but goodie
20. Rascal
21. Lean to one side
22. Survivor location, sometimes
23. Sha – Na
26. Nevada city — Vegas
27. Carney of The Honeymooners
28. Have a meal
29. Comedian Mandel
30. Lager
31. — Men
33. Study hard for a test
34. Gather
38. Upper appendage
39. Denver state
40. Mean
41. Hung out to dry
42. Sandler or Levine
43. Membrane
44. Prison room
45. Anon
46. Has to have
47. Send a phone message
52. Bible pt.
53. Mate for Pa
54. Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

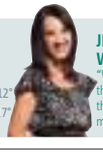
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

5				6				8
	6				3	7	1	
	3		7	4				
	1					6		
7		4				2		3
		9					4	
				3	9		2	
	5	8	4				3	
1				2				5

Yesterday's Sudoku

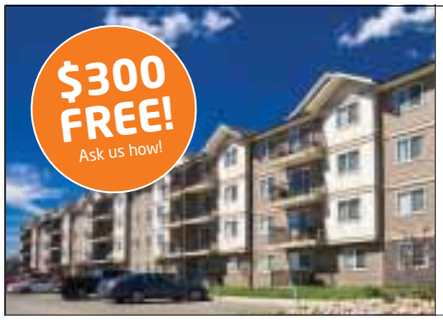
Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -11° MIN: -14°	MAX: -11° MIN: -16°	MAX: -12° MIN: -17°



BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



Month to Month Apartment Rentals!
Riverbend | Transcona | St.Vital | Sage Creek | East Kildonan

- Pet Friendly
- In-suite Laundry
- Powered Parking
- Built-in Air Conditioning
- Large Kitchens
- Client Care Centre
- Close to Transit, Schools and Recreation

BROADSTREET PROPERTIES LTD.
1.866.RENT.515
Apply online at www.broadstreet.ca

discover beauty's potential

(and save 20%)

This December, we are offering 20% off all of our in-clinic services.

This means Botox, Restylane, Juvederm, microdermabrasion, Titan and UltraShape are all on sale.

Add in our skin care products such as Colorescience, SwissTec and Biophora and you're sure to have great looking skin this winter.

We'll help you find the treatment that fulfills your definition of beauty. Call us today for an appointment. You deserve it.

DR. MANFRED
ZIESMANN
COSMETIC CLINIC

560–201 Portage Ave. 942-5070
www.ziesmanncosmetic.com